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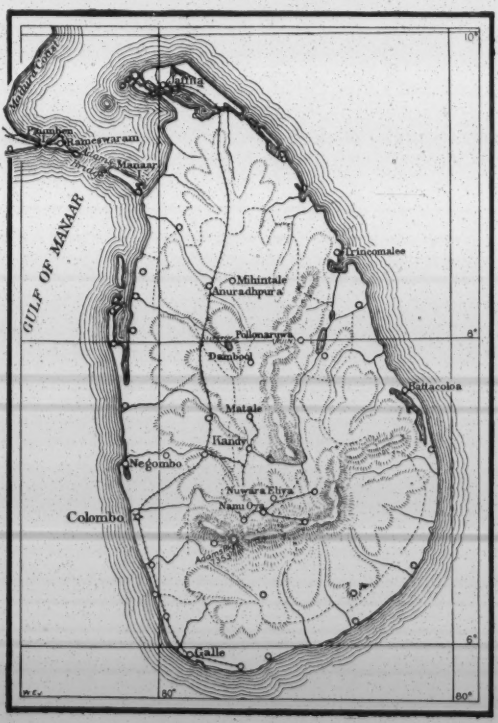

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OUTLINE MAP OF CEYLON

(See Bulletin No. 1.)

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Ceylon, Which Has Been Granted Limited Self-Government

A LAND where fishes walk along the roads and climb rocks and trees, where crabs fling sand into the air and elephants play tricks like sportive children —such is Ceylon, where Great Britain has granted the natives a greater part in transacting governmental affairs.

Colombo, the present capital, has a magnificent artificial harbor built by the British. That city superseded the former principal seaport, Galle. In the new port city the native quarter, with its beautiful Singhalese girls, its jewel-cutters and lace makers, contrasts sharply with stately government buildings and European customs of the English section.

Bungalows in Sweetly Perfumed Cinnamon Gardens

The famous Cinnamon gardens, where the Dutch formerly cultivated that spice in enormous quantities, today are given over mainly to a park and bungalows and here houses of well-to-do residents nestle in bowers of wondrous beauty and sweet perfume.

Scanty remains of the ancient capital, Anuradhpura, lie in lofty mountains amid matted jungle growths. Glowing descriptions of this ancient wonder-city of Arab, Persian and Greek voyagers led to the excavation work, now going on, which has been slow because of its vast size.

Nearby is the sacred mountain of Mihintale, with its huge irrigation tanks, one of them begun five centuries before the Christian Era. This tank covered 40 square miles with its waters when it was new.

Buddha's Enormous Tooth Carried in Procession

Kandy, the last native capital, rests picturesquely above the blue waters of a little lake, also artificial. In making it the native ruler ruthlessly drowned out rice fields of scores of his subjects. Hidden in gold and ruby-encrusted bell shrines a mythical "tooth of Buddha" is preserved.

The present "tooth" obviously could not have grown in any human mouth—it is two inches long and half an inch thick at the base. The visitor forgives the fiction for the sake of the August night celebration, when the tooth is carried about the town accompanied by a procession of devil dancers in their grotesque masks.

Adam's Peak, a strange mountain top where a huge natural depression resembles an enormous human foot, also is an object of veneration. From this mountain Buddha is supposed to have ascended to Heaven. Millions of devout pilgrims worship there. Even the non-believer is impressed by the scene at dawn, when the sun first tints a sea of clouds, and projects slender shadows upon the countryside.

Immigrant Tamil Soldiers Overthrew Native Government

When the civilization of the Singhalese was at its height, more than 2,000 years ago, the capital, Anuradhpura, was a marvelous city extending over some

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THE TRUE STAFF OF LIFE IN MEXICO

Wherever one goes in Mexico tortillas are stacked up awaiting purchasers, or are being eaten, or are in the course of preparation. A few centavos will buy a handful of these cakes of half-raw, lime-tasting dough. The appetite for them is distinctly an acquired one, but, once acquired, it stays on. There are few things more delicious than a tortilla that has been twice roasted, so that it breaks crisply in the fingers. (See Bulletin No. 2.)

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The Staff of Life

THOUGH bread may pose as the pancake, the scone, the tortilla, the carta di musica, and the biscuit in various countries, getting the wherewithal to buy it or the preparation of it is of necessity one of the chief interests of man and woman in every clime—even though in the South Sea islands it grows on trees.

The Arab woman digs a pit in the sand and builds a hot fire in it. Then she rakes away the embers and plasters her dough on the hot sides. When the bread is done, she picks it off with a pair of tongs.

Arabians Use "Wrapping Paper" Bread for Groceries

The deliciously crisp Persian bread which is bought in enormous flat pancakelike sheets sometimes 30 inches long is prepared in a number of ways, but that customarily seen for sale in the capital city of Persia is baked in large ovens in which the dough is spread out on great piles of red-hot pebbles. And in olden days there was no profiteering in the staff of life in the Persian kingdom. A baker who left the straight and narrow path of his just profits was thrust into his own oven and nicely browned.

In some parts of the Arab kingdom the husband does the household marketing and after having purchased various necessary commodities, he then buys a large sheet of native bread, which is of doughlike pliability, and rolls up his purchases in it.

The Egyptian baker makes "puff-balls," because he wishes to get the largest loaf out of the smallest amount of flour. One writer describes it as a hole wrapped in a crust. The dough is rolled out as thin as a pie crust and the edges of two pieces joined all around; heat does the rest.

In Norway "The Bread Hangs High"

The Ecuadorean woman follows a very interesting old custom. She bakes bread in the shape of people and animals for All Saints Day.

The Sardinian housewife has a big baking day once every week. Dough is kneaded in large earthenware bowls and rolled very thin on a table that is so low that the cook must kneel before it. Nearly every home has its own flour mill made of black lava and fashioned much like those unearthed at Pompeii and Herculaneum. The woman performs the whole process of cleaning and grinding the wheat, sifting the flour and baking the bread. She uses very little yeast. The large thin circular pieces are called "carta di musica," meaning paper to write music on.

The well-known flat-bread of the Norwegian peasant is made by mixing coarse barley meal and water, rolling the dough thin and baking it over a round flat baking-stone under which a fire of fagots is kept burning. Enough of this bread is made at one baking to last a whole winter. Holes are punched in the cakes so that they can be strung on a pole, and placed across the ceiling. It often happens in some of the peasant homes of northern Norway that a man can reach up and tear off a piece of this bread as he wants it.

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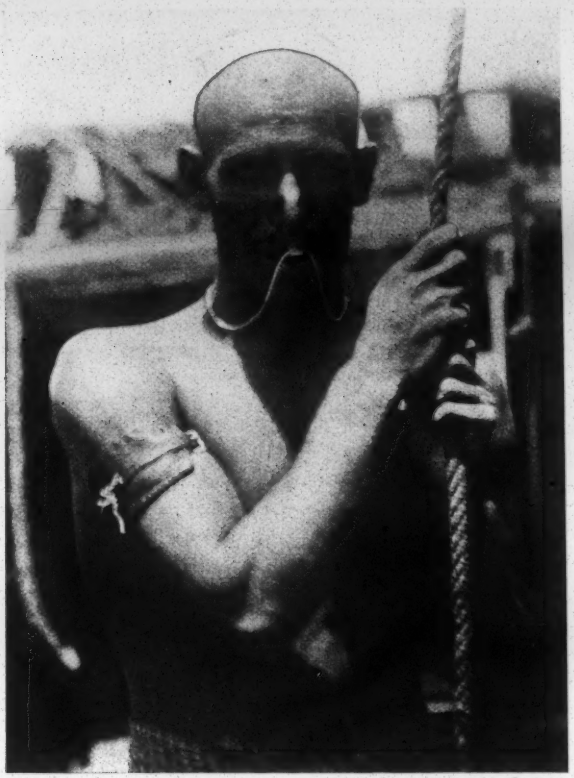
250 square miles. It was clustered with magnificent palaces, dagobas and monster relic-shrines of delicate design. This civilization was overthrown by Tamil mercenaries whom the Singhalese imported from India; subsequently the island was held successively by the Portuguese, Dutch and now by the English.

The "walking fish" performs its terrestrial antics when ponds dry up in the hot season. Then it either burrows into the soft mud to wait for rain, or, by night, crawls out of the last shallow depressions and goes writhing off through dripping grass on the hunt for other pools. The natives then literally "catch fish," sometimes gathering them up by the bushel.

The island's area is about that of West Virginia and on it live more people than there are in Texas.

Bulletin No. 1, April 21, 1924.



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AN ARAB DIVER FROM THE PERSIAN GULF, WITH NOSE-CLIP

A great deal of sentiment has been expended on the pearl-divers and the dangers they have to undergo, particularly from rapacious man-eating sharks. The writers of both poetry and fiction for centuries have played on the feelings of humanity in depicting the perilous life of the divers. As a matter of fact, there is no particular risk or hardship encountered by the Ceylon divers. Year after year, among the 3,000 to 9,000 divers engaged, not a single fatal or serious accident may occur. (See Bulletin No. 1.)

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Curacao: Neat Little Dutch Island

CURACAO, the quaint little Dutch island of the Caribbean, will probably gain reflected importance by virtue of its command of the entrance to the Gulf of Maracaibo and Lake Maracaibo near which new oil fields are being developed by Dutch, English and American interests.

Willemstad, capital of the island, is a typical Dutch "spotless town," very much of a departure from the usual tropical city.

Fragment of Holland in the Gulf of Mexico

The traditions and customs and language of Spain are written large over the entire mainland border of the Caribbean, the famous and infamous Spanish Main. But a bare 40 miles off the coast of typically Spanish Venezuela lies as true a fragment of old Holland as was Manhattan's New Amsterdam in the days of its Dutch burgomasters. When your ship noses into the narrow channel that leads into Willemstad's harbor you must pinch yourself and keep your attention centered on the desert background rather than on the architecture, lest you think you are skirting the coast of the Zuyder Zee. For more than three centuries the Hollanders have maintained this spot surrounded on all sides by strong alien influences, and to all outward appearance it is still as Dutch as when its first families were planted by the old Dutch West India Company.

Curacao is some 40 miles long and 3 to 7 miles wide, and practically a desert. If its value were determined by its products it would never be of much worth: aloes and cacti are about its only growing things; phosphate rock and ostrich feathers from a few desert ranches, its only original exports. But location, the possession of what has repeatedly been called the best harbor in the Caribbean, and ownership by a nation of traders have made Curacao (and to foreigners that name usually goes for both Willemstad and the island) the Hong Kong of the West. Just as the far eastern British island port, free from Chinese restrictions, has built up a great trade between China and the rest of the world, so Curacao, in a more modest way has built up trade between the northern tier of South American countries on the one hand and North America and Europe on the other.

Haven of Ex-Dictators from Latin America

One opera bouffe phase of life in Curacao, which is less marked now that government is becoming more stable in the Latin American republics, has to do with political fugitives. The town is the particular haven and heaven of ex-dictators. It used to be a poor day in Curacao when one could not find his half dozen or so Generals and Doctors who had just been on the wrong side of a revolution and were leading Micawber-like existences under the Dutch flag, "waiting for something to turn up."

The newly ensconced dictators back on the mainland always sent a batch of spies to Curacao to watch their predecessors, and in most cases there were other agents to spy on the spies. So in this serene, calm, non-political island,

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Tortillas: Flapjacks by Another Name

In Syria the hearth is often two stones between which fagots are placed and the bread is cooked on an iron plate placed on top.

Some of the Indian tribes of the Pacific slopes of the United States make a kind of flour from acorns which they soak in boiling water, mould into a flat cake and cook in the sun. The tortilla of the Mexican is almost as much a part of his costume or background as his huge peaked hat. It is a kind of flapjack which it takes a cultivated taste and a gastronomic trick or two to appreciate. It is made from Indian corn which has been parboiled and crushed into a paste and is baked on an iron or stone plate but not enough to make the tortilla brown.

Cassava root makes one of the principal foods of the people of tropical America. From the coarse meal, somewhat resembling oatmeal, thin round cakes are made.

Scotch and Indians Have Scones

In India the natives eat round, flat cakes of unleavened wheat bread called "chapatties." The cook shapes them with his hands and bakes them on a griddle on the coals. They resemble to some extent the thin sheets made of wheat flour and water, called scones, which are eaten in Scotland.

One of the most interesting of the unleavened breads is the Passover bread which has been used by Orthdox Jews since the time of Moses. It is made much like the most primitive bread—a mixture of flour and water baked in round cakes—and resembles the calcined remains of cakes made from coarsely ground grain which have been recovered from the Swiss lake-dwellings of the Stone Age. In those days, however, the grains used were barley and a one-grained wheat.

Believe First Bread Was Made from Barley

Egyptologists believe that barley was the first grain used by the ancients in their bread-making, but wheat must have come into use soon after barley. Loaves of bread are represented in sculpture on ancient monuments. There were two quite familiar varieties—a small round loaf somewhat like our muffin and an elongated roll sprinkled on top with seeds like the modern Vienna roll. Incidentally the Vienna roll was introduced into the United States during the Civil War when a "war bakery" operated in the basement of the U. S. Capitol turned out products to feed the troops stationed in Washington.

The Egyptians evidently first learned the use of leaven and taught it to the Greeks, Jews and Romans who passed it on through the nations they subjected.

No story on bread would be complete without at least a reference to the black bread of Russia, which has for so long been the staff of life to the masses. The United States has its distinctly typical forms of bread, such as the hoe-cake, the corn-pone and "spoon bread" of Dixie, and the rich brown mass that is served with Boston's Saturday night beans.

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Mecca: To Which All Roads Lead in Spring

LATE SPRING is a busy time for Damascus and Cairo, the gathering points for pilgrims bound to Mecca, for the Moslem adherents who wend their way to the holy city. Spring in the desert is earlier than spring in the temperate zone. It follows the "rainy" season of January and February. After the rains the apparently dry, empty desert springs to life and for a short space flowers and shrubs relieve the sand and rocks.

As all roads led to great and splendid Rome two millenniums ago, now they lead to the rather tawdry capital of the Hedjaz, set down in a bare, dusty, desert-rimmed valley of Western Arabia. More than 200,000,000 people cherish the hope—and indeed feel it to be their solemn religious duty—to travel at least once the dusty road to the holy center of their faith. Probably 200,000 of them make the trip annually, about one-half at one time during the period of the Hadj, or "great pilgrimage," in the last month of the Mohammedan year. It is this great pilgrimage that starts annually about this time.

Cairo Caravan Supplies Covering for Shrine

Though pilgrims on the Hadj descend upon Mecca from every quarter of the globe, they converge into some half dozen large caravans along as many routes. For centuries the two principal groups have been those from Damascus and Cairo. In some ways the latter has been the most important because it has carried the black brocade, a gift from the faithful in Egypt, which is renewed each year as the covering for the little square, hut-like Kaaba, Islam's holiest shrine.

Lack of health precautions aroused European interest years ago and caused steps to be taken to prevent Mecca's becoming a menace to the rest of the world. Pilgrims from dozens of countries and thousands of communities, many no doubt harboring the germs of dangerous diseases, congregate in a city ill-equipped to care for them, and during a portion of the religious observances occupy crowded camps in a little desert valley absolutely devoid of sanitary arrangements. There was always likelihood that pilgrims returning from such surroundings would carry with them epidemic diseases, especially cholera, to eastern Europe, and to European colonies in North Africa and Asia. An international conference, called to consider the matter in Paris in 1894, arranged for the inspection of pilgrims at posts of departure, detention when necessary, and supervision of pilgrims' ships and caravans.

Pilgrims Must Run and Climb Mountains

The thousands of pilgrims who reach Mecca over the several routes to take part in the annual Hadj observances, go through with ceremonies that seem rather trifling to Westerners. Before reaching Mecca they prepare for what might very literally be called "the exercises" by bathing repeatedly and donning the ceremonial garb. On reaching the holy city they go to the black-draped Kaaba, kiss the "black Stone" set in its wall, and then circle the structure seven

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alien politics always simmered under the surface. The most famous political refugee to seek safety in Curacao was Simon Bolivar, who after a poor start at freeing Venezuela from the Spanish yoke, marked time on the little Dutch island until conditions were ripe, and then won the liberty of all northwestern South America.

Natives and Residents Are Linguists All

Willemstad, with its 20,000 inhabitants, is situated on the shores of Curacao's most valuable possession—its land-locked, clover leaf-shaped harbor, so deep that ocean liners can anchor close to shore. Some of the streets are wide but many are narrow, tortuous lanes; and from all rise a welter of gable ends and dormers that proclaim this unmistakably a Dutch town. The houses are pink, yellow, green and red with red tile roofs, and from a distance look like toy houses set down in the careless disarray of the nursery.

One thing the traveler in search of "atmosphere" resents: there are many Hollanders, but few of them have retained the baggy trousers and the wooden shoes of the homeland. About half the inhabitants are negroes or mulattoes. Linguistically the place is something of a Babel. Dutch is the official language, English is generally spoken, and the negroes speak a lingo which is a mixture of those two tongues and French, Spanish, Portuguese, Indian, and Hebrew as well. This linguistic potpourri is called Papiamento.

They Bring in Water from Mainland; Ice from U. S.

Obtaining fresh water is a serious problem in Curacao. Water from the few rains is caught in cisterns, but those who are able import their drinking water along with their meat from the South American mainland; and ice is brought from the United States. The dryness of its climate is a blessing to the island, though little less valuable than its matchless harbor. Damp Puerto Cabello a few miles away on the mainland is one of the unhealthiest places washed by the Caribbean; while desert Curacao is one of the healthiest. Neither malaria nor the dreaded "Yellow Jack," the twin scourges of the tropics, has ever been able to get a foothold there.

In spite of an annual loss in administering Curacao, Holland holds on to it; largely because she cannot let go. The United States has never shown any desire to purchase the island, and the Monroe Doctrine probably would not sanction its transfer to any other power. Germany dreamed of making Willemstad's harbor a base for control of the West Indies, and German men-of-war actually used the harbor during the blockade of Venezuela in 1903.

Curacao is governed by an official sent over by the Queen of Holland, assisted by appointed councilors. Holland frankly is not interested in ultra democracy, and though the negroes of the island were freed in 1861 they do not vote.

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The Rio Grande: An Unruly Part of Our Boundary

THE RIO Grande River, between Texas and Mexico, which, each spring, gives its annual imitation of the Mississippi on a rampage, is normally so shallow and sluggish that immigration agents and customs officers are kept busy "shooing" back Mexicans who would enter the United States by the simple and informal procedure of wading in.

It is hard for the Mexico-bound traveler to realize under normal conditions that the ribbon of water meandering through a broad bed of sand is the stream that in Spanish means "The Great River." But once a year at least, and sometimes oftener, the Rio Grande fully lives up to its name.

The loam banks of the lower Rio Grande and its broad, fertile valley, covered with a heavy growth of the thorny mesquite—half shrub and half tree—was long considered a wilderness and given over to deer, wild pigs, armadillos and jack rabbits. Then came ranchmen to graze great herds of beef cattle among the feathery sea of green. Large areas somewhat removed from the river are still given over to cattle raising.

Now a Rival to Florida and the Imperial Valley

But near the stream pumping stations and irrigation canals have come into existence in recent years, and each spring and summer thousands of carloads of watermelons, canteloupes, onions, cabbages, and other vegetables stream north from the region to help feed the more northern portions of the country. For this region, near the warm Gulf of Mexico and barely outside the tropics, competes with Florida and the Imperial Valley in producing early crops.

Still more recently another development has taken place which may some day make the Rio Grande a second San Joaquin Valley. Between a million-and-a-half and two million citrus fruit trees have been planted, and in the winter of 1921–22 the first carloads of oranges and grapefruit were shipped out.

A Border Shot That Brought in Five States

Historically the Rio Grande has held a prominent place. It was one of the chief land-marks in the famous expeditions of the Spanish explorers who pushed up into Texas and on to New Mexico and California four centuries ago. Later it became a sort of Southern Concord; for if the shot fired in Massachusetts, April, 1775, was "heard around the world," a shot fired on the banks of the lower Rio Grande on another April morning 71 years later by General Zachary Taylor's soldiers might be said to have been heard over an area of half a million square miles. That area was added to the United States as a result of the shot; for it brought on the Mexican War which resulted in the annexation of what is now California, Nevada, Utah, Arizona, and parts of New Mexico, Colorado and Wyoming. In addition this skirmish near the mouth of the Rio Grande led to the confirmation of the annexation of Texas which had brought an additional quarter million square miles under the American flag.

Part of the region lately inundated was known to thousands of doughboys

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times, three times running and four times walking. They must next run up and down some nearby sacred hills. On another day the pilgrims take a half-day's journey to Mt. Arafat where the most important feature of the ceremonies is observed: they must stand on the little hill throughout the afternoon and repeat prayers and texts. The following day they return to Mecca.

The pilgrims may then shave and cut their nails, for the prescribed ceremonies of the pilgrimage are at an end. The desire of a lifetime has been fulfilled. The devotee who has survived sickness, fatigue and robbers en route, and unsanitary conditions in the city and camps, is now considered to be as sinless as when he was born. If he successfully withstands the hardships of the return journey he appears among his co-religionists wearing the special green turban which proclaims that he has journeyed to the sacred shrine. He bears the honorable title "Hadji," "he who has performed the Hadj," and is looked up to and envied by all Moslems who have not yet made the journey to the holy city.

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ROOF OF THE "STREET CALLED STRAIGHT," DAMASCUS

This view, taken from a minaret, makes it appear as though a huge pipe ran across the city between the houses, whereas it is only the arched roof of the longest street in Damascus. (See Bulletin No. 4.)

during the mobilization along the Mexican border shortly before the United States entered the World War. Point Isabel, almost at the mouth of the Rio Grande, came into newspaper fame in the fall of 1920 when the late President Harding, having just finished the strenuous campaign which took him to the White House, went there for big game fishing.

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LAKE MARACAIBO, VENEZUELA

This is a great lake, quadrangular in shape, in western Venezuela, 137 miles long and 75 miles broad. It communicates with the sea by 13 channels, each obstructed by a sandy bar, but for which the lake would be navigable for large vessels. The influence of the tides is felt in the lower part of the lake, and the water is consequently brackish, but in the upper half the water is sweet. A city and seaport, founded in 1571, of the same name stands at the entrance to the lake. (See Bulletin No. 3.)